

Traffic -  
TotalEnergies Golden Rule no.2

# Distractions behind the wheel

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#SafeDriver



**TotalEnergies**



# Distracted driving

## WHAT IS DISTRACTED DRIVING?

*Distracted driving is when you engage in other activities that distract your attention from the road and from driving, thereby compromising your safety and that of other road users.*

The driver's attention is divided between the **priority task** (driving) and the **secondary tasks** (totally unrelated to driving).

## DISTRACTED DRIVING:

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**Slows down** reaction time.

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**Reduces** the field of vision.

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**Impairs** judgment.

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**Can cause injury or death** of the driver, passengers or other road users.

# The four types of driving distractions and how to avoid them



## VISUAL

*For example, taking your eyes off the road to do something unrelated to driving.*

- Keep your eyes on the road.
- Pull over to read instructions.
- Switch your telephone to "Silent" mode.



## MANUAL

*For example, the driver is holding or operating a device rather than holding the wheel with both hands.*

- Put your telephone out of reach.
- Adjust devices etc. before setting off.
- Do not try and reach objects while driving.



## AUDITIF

*For example, a cellphone rings or the volume of a device is so high that it covers all other noises, even an ambulance siren.*

- Turn the radio down.
- Listen out for any unusual noises.
- Switch your telephone to "Silent" mode.



## COGNITIF

*For example, thinking about something that was said in a conversation rather than analyzing the traffic conditions..*

- Avoid using your phone, even with the hands-free kit.
- Stay focused on the road.
- Control your emotions.

# Sources of distracted driving

## THE MAIN IN-VEHICLE SOURCES OF DISTRACTION WHILE DRIVING ARE RELATED TO THE FOLLOWING BEHAVIORS:

- Having a telephone conversation.
- Dialing a number or sending a message via your cellphone.
- Handling a device or an object integrated into the vehicle (radio, GPS, temperature, cruise control, etc.).
- Trying to reach or handle a device or object in the vehicle (cellphone, folder, handbag, laptop computer, etc.).
- Chatting to the other passengers in the vehicle.
- Eating or drinking.
- Smoking.



## THERE ARE ALSO OTHER DISTRACTIONS, SUCH AS:

- Trying to recover an object on the floor or on the back seat while driving.
- Looking at the GPS screen or your telephone to find the right route.

# The Top 5 driving distractions



Cellphone  
(text messages, conversation and GPS)



Vehicle equipment / controls  
(windows, radio, air conditioning, etc.)



Passengers



Eating, drinking and smoking



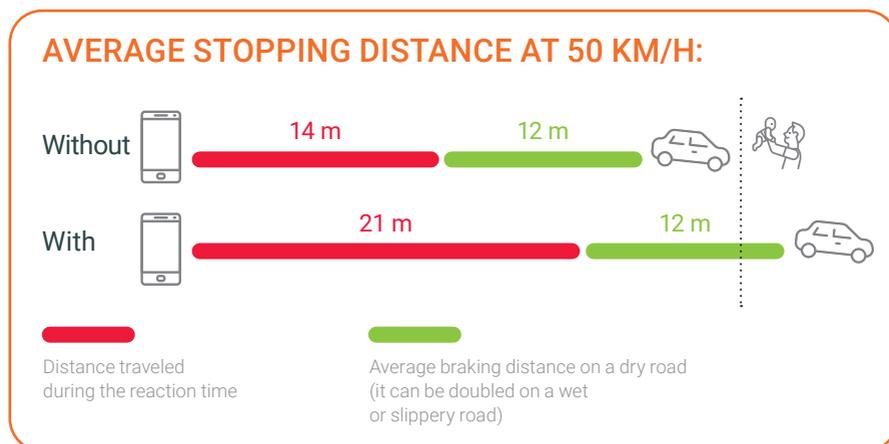
Distractions outside the vehicle

# What does the Company rule say?

The use, by the driver, of mobile phones with or without hands-free devices (hands-free kits, Bluetooth, etc.), is prohibited when the vehicle is

in motion. GPS programming is done only when the vehicle is stationary.

Extract from CR-GR-HSE-404 "Road vehicle driving safety"



## ADVICE:

- Refrain from any activity likely to be a distraction from driving and concentrate on the flow of traffic.
- If necessary, stop in a safe place to deal with an emergency.

# Key figures

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59% of drivers use their smartphones when driving.

Source: Association Prévention Routière

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Using your phone while driving increases the risk of having an accident by 4

Source: WHO

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Sending text messages means you are 23 times as likely to have an accident.

Source: Virginia Tech Transportation Institute

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Driving distractions cause 25% of fatal road accidents.

Source: ONISR 2018 (French National Inter-ministerial Observatory for Road Safety)

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More than 4 out of 10 drivers configure their GPS while driving.

Source: Euro-barometer for responsible driving. Vinci 2019.

## Did you know?

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Professionals, addicted to their smartphones?

80% of professionals who have to travel as part of their job use their smartphones when driving (calls, SMS, GPS, etc.). A worrying statistic that shows the need for companies to make commitments to road safety and raise awareness among employees.

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The hands-free kit, not such a great idea after all?

Even when drivers use a device with a hands-free kit, they are less aware of the movement of traffic around them. They therefore have slower reactions in a critical situation, or worse still, do not recognize danger signs.

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An SMS is equivalent to a soccer pitch!

Sending or receiving a message means that you have to take your eyes off the road for 5 seconds. During this time, at 90 km/h, you travel 125 m, *i.e. the equivalent of a soccer pitch.*



**Corporate Communications**  
**TotalEnergies SE**

2 place Jean Millier  
92 400 Courbevoie - France  
Phone: +33 (0)1 47 44 45 46  
Share capital: €6,601,073,322.50  
Registered in Nanterre:  
RCS 542 051 180



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Studio Axiome 2022  
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